

SCHOOL OF EDUCATIONAL SCIENCES AND SOCIAL SCIENCES**DEPARTMENT OF PSYCHOLOGY AND SOCIAL WORK**

(CIP file- Classification of instructional programmes)

Course title:	Processes in Psychotherapy
Course code:	DLSPS511
Type of course:	Elective
Level of course:	Master (2 nd Cycle)
Year / Semester of study:	1 st or 2 nd / 2 nd or 3 rd
Number of ECTS credits allocated:	10
Name of lecturer(s):	Dr. Fotini Economidou Kranou
Course Objectives	<p>This course aims to familiarize students with both the concept and essence of Psychotherapy as well as its application methods through different approaches. In order to achieve the aim of the course, the students acquire the necessary knowledge and experiences regarding the different theories, approaches and techniques of psychotherapy, as well as the theoretical background on which these methods and techniques are based, thus giving them a solid and deeper knowledge about what they should use, how and when.</p> <p>The course will focus on the theories of Psychotherapy while special importance is given to the training of the teacher in the field of Psychotherapy regardless of background and field of teaching so that they can use and exploit their knowledge. "Psychotherapy" is a general term that refers to forms of treatment, which aim to solve problems of a psychological or psychosomatic nature as well as to gain knowledge of a person's mental mechanisms, through the establishment of a relationship with a specialist therapist and the use of specific methods and techniques, which are based on specific scientific theories. These techniques are the main means of communication they use is speech. The purpose of psychotherapy is to bring about drastic changes in dysfunctional ways of thinking, as well as dysfunctional emotional reactions and behaviors.</p>
Learning outcomes of the course unit:	<p>Upon completion of the Course, the student is expected to:</p> <ol style="list-style-type: none">1. Know in the definition, the main topics of Psychotherapy and its historical background in depth.2. Explain the basic principles of psychotherapy.3. Understand the importance of skills, knowledge, therapist characteristics, ethical issues and personal values in psychotherapy.4. Define and understand the main psychotherapeutic approaches,

	<p>their theory and techniques and their application.</p> <ol style="list-style-type: none"> 5. Compare different approaches to psychotherapy based on their main characteristics. 6. Define and understand main psychotherapeutic approaches, their theory and techniques and their application. 7. Compare different approaches to psychotherapy based on their main characteristics. 8. Be trained in main psychotherapeutic approaches, their theory, techniques and their application. 9. Compare different approaches to psychotherapy based on their main characteristics. 10. Learn in depth a number of exercises and techniques in both theory and practice to develop psychotherapy skills. 		
Prerequisites	No	Co-requisites	No
Course Contents	<ol style="list-style-type: none"> 1. Historical review of psychotherapy topics, commonalities between approaches, delineation of therapy, basic skills of the therapist. Emphasis will be given to the role and importance but also basic techniques of the interview and the wider process of therapy. Psychotherapist as a person and professional, personal characteristics of effective psychotherapists. Necessity of personal therapy for the therapist, values of the therapist in relation to the therapeutic process, ethical issues in the practice of therapy, basic rights of clients. 2. Existential Therapy, Basic Ideas, Therapeutic Process Application: The Therapeutic Techniques and Processes 3. Person-Centered Therapy, Introduction, Basic Ideas, The Therapeutic Process, Application: The Therapeutic Techniques and Processes 4. Gestalt Therapy (Morphological Therapy), Introduction, Basic Ideas, The Therapeutic Process, Application: The Therapeutic Techniques and Processes 5. Reality Therapy, Introduction, Basic Ideas, The Therapeutic Process, Application: The Therapeutic Techniques and Processes 6. V. Frankl's Speech Therapy: The theory of V. Frankl's Speech Therapy, the Psychotherapeutic process and techniques, indications-applications of V. Frankl's Speech Therapy. 7. Behavioral therapies: models of behavioral therapy, the therapeutic relationship in behavioral therapies, psychotherapeutic techniques, indications-applications of behavioral psychotherapies in mental disorders. 8. Cognitive-Emotional behavior therapy: the theory of cognitive-emotional behavior therapy, the psychotherapeutic process and 		

	<p>techniques, indications-applications of cognitive-emotional behavior therapy. Cognitive-Behavioral theory-Psychotherapy, therapeutic applications. Cognitive psychotherapy, the cognitive psychotherapeutic relationship, Cognitive techniques.</p> <p>9. Family Therapy Systems, Multigenerational Family Therapy, The Human Validation Process Model, Empirical Family Therapy. Structural Family Therapy, Strategic Family Therapy, Synthesis of Family Therapy Models</p> <p>10. Synthetic Psychotherapy: The theory of Synthetic Psychotherapy- The synthesis of approaches, methods and techniques of synthetic psychotherapy, the therapeutic relationship in synthetic psychotherapy, indications and applications of synthetic psychotherapy.</p> <p>11. Group Psychotherapy – Types of group therapy / I. Yalom's Existential Psychotherapy: Irvin Yalom's theory of group psychotherapy, methods and techniques, indications and applications of group psychotherapy.</p> <p>12. 1Psychoanalytic - psychodynamic theoretical approaches / Psychoanalytic approaches (Freud), Adlerian psychotherapy (Adler), Ego psychology (Erikson), Analytical psychology (Jung), Psychoanalytic psychotherapy (Klein), Personality theory (Horney).</p>
Textbooks:	<ul style="list-style-type: none"> • Spandler, H., & Thomas, P. (2023). Existential psychiatry and psychotherapy. In <i>The Routledge International Handbook of Existential Human Science</i> (pp. 50-62). Routledge. • Bager-Charleson, S., & McBeath, A. (Eds.). (2023). <i>Supporting research in counselling and psychotherapy: qualitative, quantitative, and mixed methods research</i>. Springer Nature. • Reeves, A. (2022). <i>An introduction to counselling and psychotherapy: From theory to practice</i>. Sage • Lippert, C. N., Roberts, L. W., Winston, A., & Goldstein, M. (2022). <i>Theory of Individual Supportive Psychotherapy</i>. <i>Gabbard's Textbook of Psychotherapeutic Treatments</i>, 331. • Foschi, R., & Innamorati, M. (2022). <i>A critical history of psychotherapy, Volume 2: From the mid-20th to the 21st century</i>. Routledge. • Winston, A., & Punko, D. (2022). <i>Applications of Individual Supportive Psychotherapy to Specific Disorders</i>. <i>Gabbard's Textbook of Psychotherapeutic Treatments</i>. • Canfield. B (2020). <i>Intercultural Perspectives on Family Counseling</i>. • Potamianos, G. (2019). <i>Psychotherapy: Methodology and Evaluation. of the Effectiveness of Basic Therapeutic Approaches</i>. Athens: Papazisi Publications . • Stalikas, A. & Boutris A. (2018). <i>Positive Psychology and Psychotherapy</i>. Athens: Place . • Teacher's notes • Teacher presentations • Scientific journal articles • Educational videos

References	<ul style="list-style-type: none"> • Malikiosi-Loizou, M. (2017). Counseling Psychology. Athens: Field . • Havens, L. (2012). A Safe Place: Preparing the Ground for Psychotherapy. • Stalikas, A. (2011). Therapeutic Interventions. Athens: Place. • Sinanidou, M. (2013). Personality Theories and Modern Psychotherapies: Dealing with Mental Disorders. Athens: Ion. • Feltham, C. & Horton, A. (2001). Guide to Counseling and Psychotherapy. Athens: Asimakis .
Planned learning activities and teaching methods:	Teleconferences, online discussions and interactive activities (forums), textbooks, notes, presentations, educational videos, annotated notes.
Assessment methods and criteria:	<ul style="list-style-type: none"> • One written assignment (paper) 1*20 =20% • 4 quizzes 4*5= 20% • 2 Online Interaction Activities (forums) 2*5= 10% • 1 written final exam = 50%
Language of instruction:	Greek
Work placement(s):	No